



National University
Hospital

Clean Intermittent
Self-Catheterisation

Male

Clean Intermittent Self-Catheterisation

Clean intermittent self-catheterisation is a procedure whereby a tube is inserted into the bladder at a regular interval to drain out the urine.

The aim of **self-catheterisation** is to drain out any urine left in the bladder to prevent overstretching and to avoid Urinary Tract Infection (UTI).

Advice on diet and fluid intake

- Drink at least 1.5 litres of water per day, unless otherwise instructed by your doctor
- Eat a high fibre diet to prevent constipation

Equipment Required

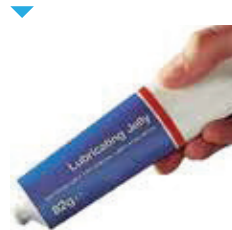
Clean catheter



Soap



Lubricating gel



Urine dish



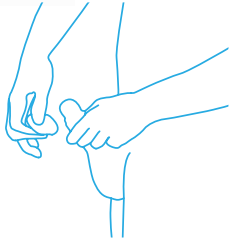
Clean, dry storage container



Instruction

Step 1

Wash hands and genitalia with soap and water.



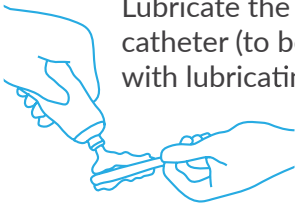
Step 4

- Drain urine into a container or toilet bowl.
- Remove the catheter gently when urine stops flowing.



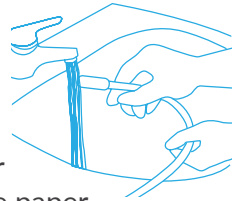
Step 2

Lubricate the tip of the catheter (to be inserted) with lubricating gel.



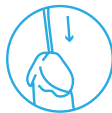
Step 5

- Wash catheter with soap and water under running tap.
- Dry the catheter with clean tissue paper.
- Keep the catheter in a clean container.
- Change the catheter weekly. If catheterisation is done by your caregiver, change it every three days.



Step 3

- Hold the penis with your non-dominant hand, towards your stomach as shown.
- Insert lubricated catheter into the urethra opening until urine flows out.



Please see your doctor if you have:

- Foul-smelling urine
- Blood in the urine
- High fever
- Pain and burning sensation when passing urine
- Increased difficulty or pain when inserting the catheter

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Information is brought to you by the Department of Urology.

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